



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01179, Sour cream, light

Report Date: July 11, 2017 14:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
Proximates						
Water	g	78.10	--	--	9.37	179.63
Energy	kcal	136	--	--	16	313
Energy	kJ	569	--	--	68	1309
Protein	g	3.50	--	--	0.42	8.05
Total lipid (fat)	g	10.60	--	--	1.27	24.38
Ash	g	0.70	--	--	0.08	1.61
Carbohydrate, by difference	g	7.10	--	--	0.85	16.33
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.22	--	--	0.03	0.51
Minerals						
Calcium, Ca	mg	141	--	--	17	324
Iron, Fe	mg	0.07	--	--	0.01	0.16
Magnesium, Mg	mg	10	--	--	1	23
Phosphorus, P	mg	71	--	--	9	163
Potassium, K	mg	212	--	--	25	488
Sodium, Na	mg	83	--	--	10	191
Zinc, Zn	mg	0.50	--	--	0.06	1.15
Copper, Cu	mg	0.016	--	--	0.002	0.037
Selenium, Se	µg	3.1	--	--	0.4	7.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.9	--	--	0.1	2.1
Thiamin	mg	0.040	--	--	0.005	0.092
Riboflavin	mg	0.120	--	--	0.014	0.276

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
Niacin	mg	0.070	--	--	0.008	0.161
Vitamin B-6	mg	0.020	--	--	0.002	0.046
Folate, total	µg	11	--	--	1	25
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	1	25
Folate, DFE	µg	11	--	--	1	25
Choline, total	mg	19.2	--	--	2.3	44.2
Vitamin B-12	µg	0.42	--	--	0.05	0.97
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	90	--	--	11	207
Retinol	µg	88	--	--	11	202
Carotene, beta	µg	21	--	--	3	48
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	328	--	--	39	754
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	0.04	0.69
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.0	0.5
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0.0	0.5
Vitamin D	IU	8	--	--	1	18
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1	1.1
Lipids						
Fatty acids, total saturated	g	6.600	--	--	0.792	15.180
4:0	g	0.340	--	--	0.041	0.782
6:0	g	0.200	--	--	0.024	0.460
8:0	g	0.110	--	--	0.013	0.253
10:0	g	0.260	--	--	0.031	0.598
12:0	g	0.300	--	--	0.036	0.690
14:0	g	1.060	--	--	0.127	2.438
16:0	g	2.780	--	--	0.334	6.394
18:0	g	1.280	--	--	0.154	2.944

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
Fatty acids, total monounsaturated	g	3.100	--	--	0.372	7.130
16:1 undifferentiated	g	0.240	--	--	0.029	0.552
18:1 undifferentiated	g	2.660	--	--	0.319	6.118
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.400	--	--	0.048	0.920
18:2 undifferentiated	g	0.240	--	--	0.029	0.552
18:3 undifferentiated	g	0.160	--	--	0.019	0.368
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	35	--	--	4	80

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0